

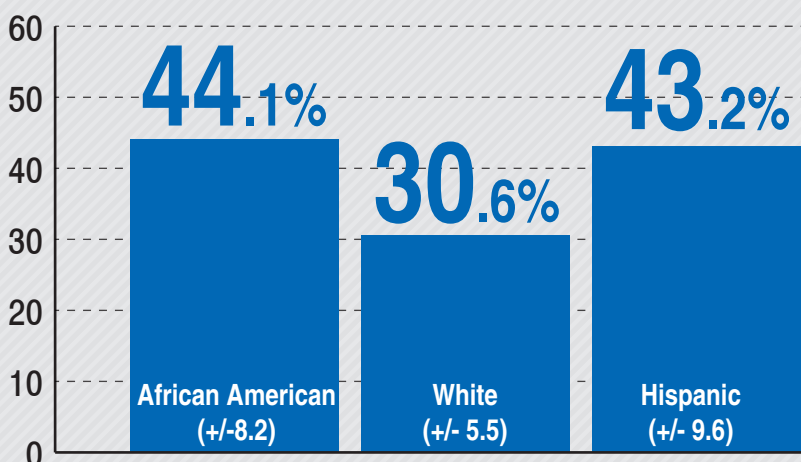
DELAWARE SURVEY OF CHILDREN'S HEALTH

The Delaware Survey of Children's Health (DSCH), sponsored by Nemours Health and Prevention Services (NHPS), is one of the most comprehensive public health surveillance instrument for children in Delaware that reaches the highest number of children birth through 17.

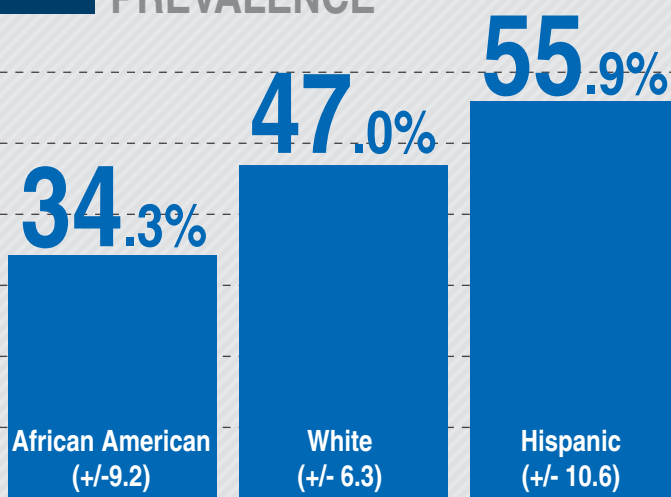
WEIGHT STATUS

The prevalence of overweight and obesity among Delaware's children ages 2 through 17 is level since the first administration of the survey in 2006. 40% of Delaware children were overweight or obese in 2011, a figure that is unchanged in terms of statistical significance since the first sampling of the population in 2006.

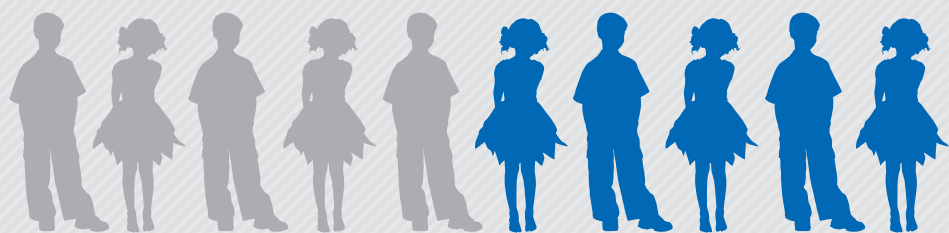
GIRLS OVERWEIGHT AND OBESITY PREVALENCE



BOYS OVERWEIGHT AND OBESITY PREVALENCE



HIGHEST PREVALENCE OF OVERWEIGHT / OBESITY

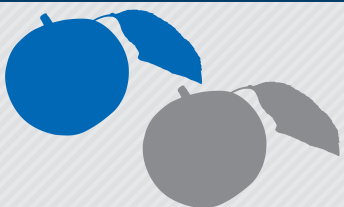


50% HISPANIC CHILDREN

HEALTHY BEHAVIORS

Healthy lifestyle habits, such as eating fruits and vegetables, getting sufficient physical activity, and limiting recreational screen time can help to lower a child's risk of becoming overweight or obese.

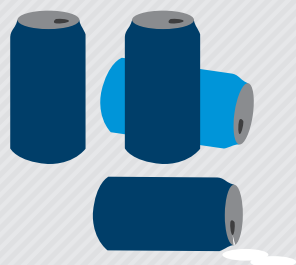
HEALTHY EATING



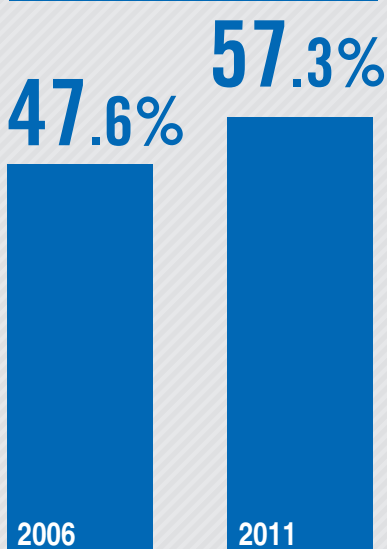
1 IN 2

DELAWARE CHILDREN GET THE RECOMMENDED FIVE SERVINGS OF FRUIT AND VEGETABLES

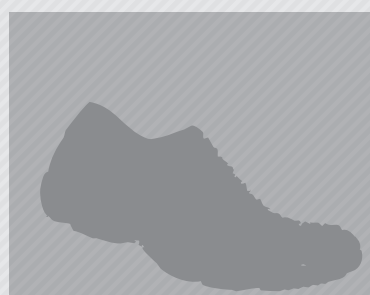
CONSUMPTION OF SUGAR SWEETENED BEVERAGES AMONG KIDS IS ON THE DECLINE.



STUDENTS MEETING GUIDELINE OF LESS THAN 2 CUPS PER WEEK



ACTIVE LIVING



55%

OF CHILDREN DO NOT GET THE RECOMMENDED HOUR A DAY OF PHYSICAL ACTIVITY

HEALTHY USE OF MEDIA

IN 2011 **54%**

OF THE DELAWARE CHILDREN AGES 2 THROUGH 17 EXCEEDED THE RECOMMENDED 2 HOURS PER DAY TV TIME.

PARENTAL PERCEPTION OF CHILDREN'S BODY WEIGHT

Parental perception of a child's weight does not reflect reality.

ABOUT

8 IN 10

PARENTS OF OVERWEIGHT CHILDREN WHO BELIEVE THEIR KIDS ARE OF NORMAL WEIGHT



MORE THAN HALF

Parents of obese children who believe their kids are of normal weight

